Simple Science Fitness

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Scientific evidence is supported by observation and experimentation, but is always subject to scrutiny and biases. Many disciplines within fitness, especially nutritional sciences, are complex, controversial, interdependent, and evolving, often with no clear consensus. Some information presented here may be subject to dispute, impartiality, or limited empirical evidence. However, while the information in this e-book is entirely based on research material from qualified professional experts and reputable researchers, the written content is also of the author’s professional and personal opinions, using experience, logic, epidemiology, and history.

The author has spent over a decade of research and consistent experimentation with various nutritional and training regimens. Based on the accumulation of his experiences, his knowledge is shared in this e-book. He has also held a NCAA-accredited certification in Personal Training.

The information in this e-book is independently researched and does not necessarily reflect those of other organizations, professionals, or government bodies, nor is it affiliated with any other fitness industry, organization, or group.

While any healthy, active adult can attempt this guide safely, the user should consult with their physician or dietitian first, especially if any cardiovascular, pulmonary, or metabolic symptoms exist, before following any nutritional or exercise programs in this e-book. The author does not provide medical diagnosis, advice, or treatment. The reader assumes all liability and risk associated with undertaking the suggested diets, supplements, and exercise programs in this e-book. Simple Science Fitness and its author will not be held liable to any party for any injuries or damages arising from any use of this e-book or website.
Introduction

Beyond the simple message of “eat less, move more,” we’re undoubtedly in a complex environment never seen before in human history.

Society has changed significantly. Technology, industrialization, and medicine enabled us to eat more and move less, and yet, live longer. Evolutionarily speaking, we’re in a sweet spot. Paradoxically though, we’re becoming unhappier and unhealthier. We’re bombarded with contradicting messages and products with unrealistic health claims. We’re becoming more confused about what really works and what doesn’t. What we have today is clearly not working.

It is strange for me to provide you with evidence that supports the kind of foods we have evolved to live on. I am defending nature because as a society, we’ve become so ingrained in consuming things that nature did not engineer. Instead of balancing out our nutritional needs with a variety of whole foods and with cooking, we go to the extremes by purchasing processed, ready-made foods and trying out dangerous diets. As a result, we get extreme body types and unbalanced minds. We’ve traded the healthy norm for the unhealthy norm.

The environment has ingrained us poor habits. We are turning the obesity epidemic into a subculture or lifestyle rooted in perpetual denial and warped perceptions. Including obesity in a “love your body as it is” narrative is dangerous to society since it embraces a unhealthy lifestyle that has negative consequences on a global scale. Loving your body means taking care of it with nutrients and exercise, not with sugar and sitting.

2.1 billion of the world population, or almost a third of everybody living today, is overweight or obese. Our emotional, physical, and mental health are being sacrificed for convenience and instant gratification. We’re becoming more disconnected with how our previous generations lived. Cooking is becoming a lost art. We’re not being mindful of what we’re eating. We’re designed to move, to run, to jump, to push, to pull, and we feel better when we do—yet we prefer the couch, which ultimately makes us feel worse. We’re so focused on body image while not realizing that our body is a reflection of how well we take care of it. Being healthy is achieved though proper exercise and nutrition.
Consider that a one hour workout three times a week is only 1.7% of our time. Exercise is the elixir of life, proven to boost our mind and body. Buying whole foods in bulk is cheaper than eating out, and much healthier. Preparing and cooking meals can be fun, efficient, and rewarding. The maxim “you are what you eat” contains truth. A lifestyle change can be slow and gradual. Understanding why we should take that next move is our first step.

Losing weight is as simple as eating less and moving more, and building muscle is as simple as lifting weights and eating more. However, simple doesn’t necessarily mean easy. My goal is to make it easy for you, and I ask for your self-initiative. This is the only way that this can work.

Do you want to learn how to become healthy and manage your health for the rest of your life?

Do you want exercise and diet to become an integral part of your lifestyle, rather than as a passing fad?

This companion e-book to the Simple Science Fitness website contains the same content as found on the site as of this date, with exclusive additions such as case studies and many anecdotes, which you may find insightful. This e-book has been reformatted for your tablet device or printer for personal use.

We have one life to live. Let’s make the best of it.

Joachim Lapiak  
Simple Science Fitness  
January 2019
Glossary

Many terms will be introduced in this e-book. This glossary will help you familiarize yourself with these terms to understand important concepts.

*Anaerobic and Aerobic:* Anaerobic respiration means the “absence of oxygen” and aerobic respiration means “with oxygen.” Anaerobic exercises require short bursts of energy while aerobic exercises can be performed over long periods of time.

*Bliss Point:* The amount of salt, sugar, and fat to maximize palatability in order to increase cravings.

*Bulking:* Bulking is increasing body weight with the goal of building muscle.

*Cutting:* Cutting is decreasing body fat and weight while preserving muscle mass.

*Diet:* Foods and drinks that a person consistently consumes.

*Empty Calories:* Calories that contain little to no nutrients. Sugar is a source of empty Calories.

*Fitness:* A state of being with strength, mobility, and endurance, while being free of chronic disease.

*Hyperpalatable:* Food products that are engineered by food scientists to create insatiable overconsumption. Salt, sugar, fat, and wheat flour are combined to maximize pleasure in the brain’s reward system, simulating the effects of addictive substances.

*IIFYM (If It Fits Your Macros):* A rule of thumb to eat anything as long as it fits within your macronutrient ratio and Calorie range. It works, although it does not necessarily reflect good health if the food sources are of low quality.

*Inflammation:* Where parts of the body becomes reddened, swollen, hot, or painful in response to an infection. Food-related inflammation, especially sugar, is linked to modern diseases.
Macronutrients: Fat, carbohydrate, and protein are macronutrients. They are required by the body in large amounts to sustain life. Alcohol is also considered a macronutrient.

Metabolic Syndrome: A cluster of medical conditions, or modern diseases, including obesity, high blood pressure, high blood sugar, raised triglycerides, and low HDL cholesterol.

Metabolism: The chemical processes by which cells produce the substances and energy needed to sustain life.

Micronutrients: Vitamins, minerals, or acids required by the body in small amounts for healthy growth and development.

Moderation: Avoidance of extremes or excesses.

Nutrients: Substances essential for growth and the maintenance of life.

Palatable: Pleasant to the taste.

Processed Food (or “convenience foods”): Food commercially prepared for ease of consumption. Examples are ramen noodles, deli meat, cereals, potato chips, TV dinners, and fast food meals.

Satiety: The feeling of fullness, or satisfaction of an appetite.

Sedentary: A person who spends most of their time sitting instead of being active. A sedentary lifestyle is associated with early death.

Thermogenesis: The mechanism where the body uses energy as heat, instead of storing it as fat.
The human body is a machine which winds its own springs.
Julien Offroy de la Mettrie (1709–1751), L’Homme Machine